



# Health Promotion in the New Era

## 10 Days of **INGENIUM**

Medical University - Sofia, Bulgaria | 1 - 5 June 2026

# INGENIUM PARTNERS

- 1 „Gabriele d’Annunzio“ University Chieti – Pescara (Italy)
- 2 „Gheorghe Asachi“ Technical University of Iași (Romania)
- 3 Karlsruhe University of Applied Sciences (Germany)
- 4 Medical University Sofia (Bulgaria)**
- 5 Munster Technological University (Ireland)
- 6 South Eastern Finland University of Applied Sciences - XAMK (Finland)
- 7 University of Crete (Greece)
- 8 University of Oviedo (Spain)
- 9 University of Rouen Normandy (France)
- 10 University of Skövde (Sweden)



## A Guide for Participants

Medical University - Sofia, Bulgaria | 1 - 5 June 2026

# Welcome to **SOFIA**

Sofia is the capital and largest city of Bulgaria, located in the western part of the country at the foot of Vitosha Mountain.



With a population of around 1.3 million people, it is the political, economic, and cultural center of the country.

Sofia is a dynamic European capital that blends over 2,000 years of history with a vibrant modern atmosphere, evident in its Roman ruins, Ottoman heritage, and contemporary urban life. The city is known for its green spaces, compact and walkable center, and relatively affordable cost of living compared to other European capitals, making it both welcoming and accessible for visitors.

**Currency:** Euro. Card payments are widely accepted but it's useful to carry some cash.

**Language:** Bulgarian, but English is commonly spoken, especially by younger people



In early June, Sofia typically enjoys mild to warm weather, daytime temperatures may range between 22–27°C.

Brief afternoon showers or thunderstorms are not uncommon so bringing a light jacket or umbrella is advisable.



# Traveling to **SOFIA**

Sofia is well connected with major European hubs, including direct flights from most EU countries.



Sofia International Airport is located about 10 km east of the city center and can be reached in 20–30 minutes.

**Metro (Line M4):** The most convenient and affordable option. It connects the airport (Terminal 2) directly to the city center. For 'Medical University – Sofia' station (close to the suggested hotels and most venues), take Line M4 to 'Sofia University St. Kliment Ohridski', then use the underground walkway to reach the 'Orlov Most' station. From there, transfer to the M3 (Green Line) toward Gorna Banya. Cost per fare: €0.80.

**Bus (Lines 84 / 184):** These lines connect both Terminals 1 and 2 with the city center, including stops near Vasil Levski National Stadium (Gen. Gurko St.). From there, you can continue by metro, tram, or a short taxi ride. Cost per fare: €0.80.

**Taxi:** Use only official companies such as Yellow Taxi. A typical fare to the city center is around €10–15, depending on traffic.

## Getting Around the City

**Public transport:** Includes metro, buses, trams, and trolleybuses. The metro is the fastest way to travel longer distances. Simply tap your contactless bank card on the blue validators when you board any bus or tram, or at the metro gates. The system automatically charges the €0.80 fare and caps your daily spend at €2.00, meaning all rides after your fourth tap in one calendar day are free.

**Walking:** The city center is walkable, with many key landmarks, restaurants, and venues within short distances.

**Taxis & apps:** Affordable and widely available; apps such as 'Yellow Taxi' and 'TaxiMe' are recommended for convenience and transparency. Payments are mostly expected in cash.

# What to wear in **SOFIA**

Early June in Sofia brings warm, pleasant days alongside a real chance of afternoon rain and thunderstorms.



Daytime temperatures typically reach 22–27 °C, while evenings can cool down to around 9–12 °C. Pack with layers in mind.

## Daytime

- Light T-shirts, blouses, or short-sleeved shirts
- Breathable trousers, chinos, light dresses, or shorts
- Comfortable walking shoes (there are cobblestones in the city centre)

## Evenings & cooler days

- A light jacket, cardigan, or thin sweater - evenings cool off noticeably
- A versatile mid-layer you can tie around your waist during the day

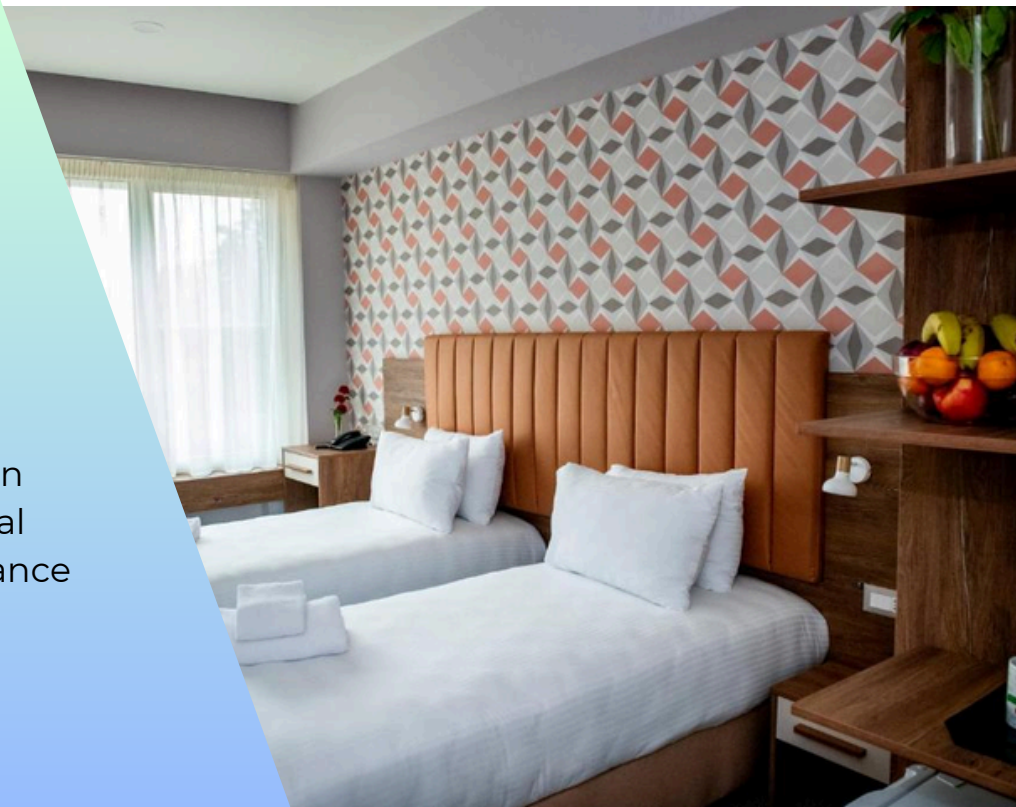
## Rain & sun essentials

- A compact umbrella or a light waterproof jacket - afternoon showers are common
- Sunglasses and sunscreen (UV index reaches 5–6 in early June)
- A small crossbody bag or daypack to carry layers on the go

**Useful tip:** Natural fabrics (cotton, linen) work best - Sofia is not humid, but the sun can be strong. Dress in easy-to-layer pieces so you're comfortable from a sunny morning walk to a breezy evening dinner.

# Hotels in **SOFIA**

There are plenty of hotels in Sofia. Here is a list of several hotels within walking distance to the University.



## **BG Hotel**

Address: Boulevard "Akademik Ivan Evstratiev Geshov " 15

Website: <https://bghotel.eu/>

<https://maps.app.goo.gl/EgiGyeZReZhn8Xry8>



## **Hotel Forum**

Address: Hipodruma, "Tsar Boris III" Blvd 41

Website: <https://hotel-forum.bg/en/>

<https://www.google.com/travel/hotels/s/F8VBEXe7WY3bCNRNA>



## **Hotel Astoria**

Address: "Totleben" Blvd. 8

Website: <http://www.astoriagrandhotel.bg/>

<https://maps.app.goo.gl/EgiGyeZReZhn8Xry8>



## **VIKO Apart Hotel**

Address: Ivan Vazov, ul. "Zdrave" 21A

Website: <https://vikohotel.com/>

<https://maps.app.goo.gl/Xoz5ntVHeXn3Ejev5>

# Timetable & Locations

This is a draft programme. A finalised version will be provided closer to the event.



Time	Monday 1 June	Tuesday 2 June	Wednesday 3 June	Thursday 4 June	Friday 5 June
09:00 - 12:30	<b>Opening ceremony</b> @ <a href="#">Central Military Club</a> Sofia Center, 7 Tsar Osvoboditel Blvd.	<b>Staff Academy opening</b> @ <a href="#">Central Medical Library</a> . - <b>INGENIUM Student Board Meeting</b> @ <a href="#">Department of Language and Sport</a>	<b>ISC&amp;IPC meeting/Staff Academy</b> @ <a href="#">Central Medical Library</a> . - <b>INGENIUM Student Board Meeting</b> @ <a href="#">Department of Language and Sport</a>	<b>ISC&amp;IPC meeting/Staff Academy</b> @ <a href="#">Central Medical Library</a> . -	<b>Student Workgroups Presentations &amp; INGENIUM Café/ISC&amp;IPC</b> <i>To be confirmed</i>
<b>Lunch break</b>					
13:30 - 15:00	<b>Guided campus tours</b> <i>(For Staff)</i>	<b>Staff Academy</b> @ <a href="#">Central Medical Library</a>	<b>ISC&amp;IPC/Staff Academy</b> @ <a href="#">Central Medical Library</a>	<b>ISC&amp;IPC/Staff Academy</b> @ <a href="#">Central Medical Library</a>	<b>ISC&amp;IPC/Closing ceremony</b> <i>To be confirmed</i>
<b>Let's do Brunch / Coffee break</b>					
15:30 - 17:00	<b>Staff Academy</b> @ <a href="#">Central Medical Library</a>	<b>Staff Academy</b> @ <a href="#">Central Medical Library</a>	<b>ISC&amp;IPC/Staff Academy Wrap up</b> @ <a href="#">Central Medical Library</a>	<b>ISC&amp;IPC/Staff Academy Explore Sofia Ancient Ruins Trip</b> <i>To be confirmed</i>	
<b>Dinner</b> <i>Time TBC</i>	<b>Welcome reception</b> <i>To be confirmed</i>		<b>ISC/IPCs dinner</b> <i>To be confirmed</i>	<b>Gala Dinner</b> <i>To be confirmed</i>	

# Contacts

Do not hesitate to get in touch should you need any assistance before, during or after your visit to Sofia!



## Medical University - Sofia

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🌐 <https://mu-sofia.bg/en/international-activities/team-and-contacts/>



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